



# November 2022 Middle School Lunch



North Allegheny School District

Monday

Tuesday

Wednesday

Thursday

Friday

31 **★ Cheese Ravioli**  
**✓ w/ Breadstick**  
 Or  
**✓ Toasted Cheese Sandwich**  
 w/ Tomato Soup  
**Featured Vegetables:**  
 Garden Salad/ Carrot Coins

1 **★ General Tso's Chicken**  
 w/ Brown Rice & Egg Roll  
 Or  
 Ham & Cheese  
 On Pretzel Bun  
**Featured Vegetable:**  
 Steamed Broccoli

2 **GF Walking Taco**  
 Tortilla Chips Topped w/ Taco Meat,  
 Shredded Cheese, Lettuce, & Salsa  
 Or  
**Chicken Enchiladas**  
**Featured Vegetable:**  
 Golden Corn

3 **Chicken Mashed Potato Bowl**  
 w/ Dinner Rolls  
 Or  
**★ Build Your Own Burger**  
**Featured Vegetable:**  
 Sweet Potato Oven Fries

4 **Chicken Fries**  
 w/ Dinner Rolls  
 Or  
**★ Mozzarella Stuffed Pizza Sticks**  
**✓ w/ Pizza Dipping Sauce**  
**Featured Vegetables:**  
 Green Beans/Tatar Tots

7 No School  
 In-Service Day

8 No School  
 In-Service Day  
 Election Day

9 **Popcorn Chicken**  
 w/ Dinner Rolls  
 Or  
**★ Buffalo Chicken Sandwich**  
**w/ Pepper Jack Cheese**  
**Featured Vegetable:**  
 Black Bean Corn Salsa

10 **Chicken Mashed Potato Bowl**  
 w/ Dinner Rolls  
 Or  
**★ Bacon Double Cheese Burger**  
**Featured Vegetable:**  
 Sweet Potato Oven Fries

11 **BBQ Chicken Nachos**  
 Tortilla Chips Topped w/ BBQ Chicken,  
 Cheese Sauce, Lettuce, & Salsa  
 Or  
**Baked Meatball Hoagie**  
**Featured Vegetables:**  
 Tatar Tots / Green Beans

14 **★ Cheese Lasagna**  
**✓ w/Breadstick**  
 Or  
**✓ Toasted Cheese Sandwich**  
 w/ Tomato Soup  
**Featured Vegetables:**  
 Garden Salad/ Green Beans

15 **★ General Tso's Chicken**  
 w/ Brown Rice & Egg Roll  
 Or  
 Italian Hoagie  
**Featured Vegetable:**  
 Steamed Broccoli

16 **GF Walking Taco**  
 Tortilla Chips Topped w/ Taco Meat,  
 Shredded Cheese, Lettuce, & Salsa  
 Or  
**Meatballs w/ Sauce**  
**& Breadsticks**  
**Featured Vegetable:**  
 Golden Corn

17 **Turkey & Mashed Potato Bowl**  
 w/ Dinner Rolls  
 Or  
**★ Build Your Own Burger**  
**Featured Vegetable:**  
 Sweet Potato Oven Fries

18 **Chicken Fries**  
 w/ Dinner Rolls  
 Or  
**★ Bid Daddy Pizza**  
**Featured Vegetables:**  
 Green Beans/ Tatar Tots

21 **★ Stuffed Shells**  
**✓ w/ Breadstick**  
 Or  
**✓ Toasted Cheese Sandwich**  
 w/ Tomato Soup  
**Featured Vegetable:**  
 Garden Salad/Green Peas

22 **★ Orange Chicken**  
 w/ Brown Rice & Egg Roll  
 Or  
 Fish Sticks w/ Dinner Rolls  
**Featured Vegetable:**  
 Steamed Broccoli or  
 Coleslaw

23 **Popcorn Chicken**  
 w/Dinner Rolls  
 Or  
**Chicken Enchiladas**  
**Featured Vegetable:**  
 Black Bean Corn Salsa

24 No School  
 Thanksgiving Day!



No School!

28 **★ Blackened Chicken**  
**✓ Broccoli Alfredo**  
**✓ w/ Pasta & Breadstick**  
 Or  
**✓ Toasted Cheese Sandwich**  
 w/ Tomato Soup  
**Featured Vegetables:**  
 Garden Salad/ Carrot Coins

29 **★ Asian Noodle Bowl Cuisine**  
**& Egg Roll**  
 Or  
 Turkey, Ham & Cheese  
 On Pretzel Bun  
**Featured Vegetable:**  
 Steamed Broccoli

30 **Beef Nachos Supreme**  
 Tortilla Chips Topped w/ Taco Meat &  
 Assorted Toppings  
 Or  
 Ham & Cheese  
 On Pretzel Bun  
**Featured Vegetable:**  
 Black Bean Corn Salsa



2 **Nutritious Friends**  
**November**  
**Curious Cabbage**  
**Will be featured on 11/22**  
**Coleslaw**

### Lunch Prices

Lunch \$2.85  
**★ Premium Lunch** \$3.85  
 Reduced Lunch \$0.40  
 Entrée Only \$2.35  
 Prem. Entrée Only \$3.35

**ALL ENTREES Include Choice of: FRUITS + VEGETABLES + MILK**

**GF** = Gluten Free  
**✓** = Vegetarian

### Specialty Bars/ Market Street Deli

Mon - Breakfast Bar  
**✓** Tues/Thurs- Taco Bar  
**✓** Wed - Deli Bar  
**✓** Fri - Pasta Bar  
**J. Clark's Grille**  
 Cheeseburgers, Mini Corn Dogs/ Corn Dogs,  
 Toasted Cheese, Original & Spicy Chicken  
**✓** Sandwiches, Chicken Nuggets, Chicken Tenders  
 Served w/ Oven Fries  
**Villa Toscana**  
**✓** Cheese, Pepperoni, Pepperoni Rolls M,W,F  
 + Max Pizza Sticks T,TH  
 + Stuffed Crust Pizza  
 + Buffalo Chicken Pizza

**✓** **Chef Fresh**  
 Smucker's Uncrustables® PBJ  
**✓** w/ Cheese Stick, Apples & Pretzels  
 Fruit & Yogurt Parfaits  
 Assorted Salads, Sandwiches & Wraps

### Daily Fruit & Vegetable Choices

Choices May Include:  
 (Local Choices Available in Season)  
 Apples, Bananas, Grapes, Oranges, Apple  
 Sauce, Cinnamon Apple Sauce, Mixed Fruit,  
 Mandarin Oranges, Peaches  
 Baby Carrots, Broccoli, Cauliflower,  
 Cucumbers, Celery, Spring Salad  
 100% Fruit Juice Also Available Daily

### rBST Hormone Free Milk

1% White  
**Fat Free Choices May Include:**  
 White, Chocolate, Vanilla, & Strawberry  
 Lactaid White Milk Available Upon Request  
 Contact 724-934-7279

**\*\*All Grain Options are Whole Grain\*\***

Menu is subject to change.